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Your Health, Prosperity and Happiness
June, 1929

'The World that Never Knew Disease'

'I Longed to See the Christ'

'Only the Absolute"

'Release Yourself'

A Page of Inspiration for Each Day

SILENT UNITY CLASS WORDS May 20 to June 19

"Arise, shine; for thy light is come, and the glory of Jehovah is risen upon thee."

I am stirred to action, health, and strength, as I listen to the clarion call, "Awake, thou that sleepest, and arise from the dead, and Christ shall shine upon thee."

The substance of my thought is that God gives me all-sufficiency in all things, and I am secure in my prosperity.

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UNITY DAILY WORD

A magazine whose spirit of good cheer radiates from its printed page and sparkles in the heart of him who accepts it as his daily friend. Published monthly.

F. B. WHITNEY, Editor.

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy, Kansas City, Mo.

GOOD RETURNS

I went forth with a smile on my face, With a song of great love in my heart, With the presence of joy in my breast, And I greeted the world with good cheer.

And then, out of the bounds of all space There came love, joy, and smiles back to me, In a measure that far did exceed All that I had expressed to the world.

ONLY THE ABSOLUTE

God, the One, is the only Being;

The Allness of Good is the only Presence;

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The Principle of Truth is the only Law;

Divine Mind is the only Intelligence;

Eternal Life is the only Existence;

Universal Love is the only Power;

The Eternal Now is the only Time;

The Omnipresence of Heaven is the only Place;

The Substance of God is the only Supply;

The Truth about Man is the only Reality;

The Temple of the Living God is the only Body;

Christ in Us is the only Man.

A WORLD THAT NEVER KNEW DISEASE

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HAT KIND of a world do you think this would be if all its past inhabitants had come into it without the ability to think of disease as something? If

mankind had not come under the spell and illusion that man was susceptible to disease? If men had never heard symptoms of disease discussed?

cussed :

What would this world be like if all its people had been unable to think hate and fear? If they had been without the power to worry over finances and the future? If they had been unable to become affected adversely by what others say or do or by the state of external affairs? If they had been without the ability to see people as diseased, deformed, or dead?

You answer quickly, "It would be a world that never knew disease!" You may not be a student of metaphysics, divine healing, or practical Christianity; yet the voice of Truth within you prompts you to make this answer. Some thing within you that you may not recognize causes you to know that the thought of disease and the power to visualize disease have caused disease to appear! Something within you tells you that the way out of a world of disease is the same way through which man became conscious of disease—through thought.

You instinctively feel that a world that never knew disease would be one in which the inhabitants never thought of disease or hates or worries, in which people never discussed operations. Now, if we are agreed that the belief in disease has caused disease to manifest, what shall we think of the prevalent beliefs that agents which are not mental cause disease? Can we not rule out these beliefs completely, now that we are to look upon the world and its

health from the standpoint of mind?

Man's fall in the Garden of Eden came about through perverted thinking. Instead of thinking of himself as divinely perfect he conceived of himself as earthly. He dropped in consciousness from the high vision in which he could behold himself as the healthy and perfect son of God. He still thinks of the coming of heaven as the dawning of the happy time when he shall find himself back in the Edenic garden.

Man now welcomes the return of the Christ to earth and the time when he himself will be like unto the Christ. He looks forward to the coming of the Christ to take him back to heaven. What does this mean? It signifies that we welcome the return of the consciousness or realization that our Christ, our own divinity, is within us. We know that by His power, the power within us, we have the passport that will lead us back to our heavenly estate.

When will the kingdom of heaven be set up here on earth? When will the millennium come? In Truth, heaven always has been right here. Can it be that our clouded thinking, our thinking of evil and fear and disease, has automatically kept us out of heaven? Can it be that the world that never knew evil or disease is a

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us be re to of th world of reality instead of a fictitious one? Is it possible that Jesus was right when He said, "The kingdom of God is within you"? Are we not safe in thinking that within us lies the power to find heaven—heaven within us and about us?

If we are correct in assuming that man dropped out of heaven through belief in evil, then it is safe for us to assume that our way into heaven here and now is through right thinking. Only by right thought can we correct evil thinking. Only by correcting the thoughts that produce disease can we think health and live in a world that does not know disease.

Has this thought of the possibility of a world that knows no fear, no evil, no disease, appealed to you? Do you not find yourself almost merging back into a certain heaven that you have instinctively thought of as the place where you should be? You can easily find this world, and live in it. It matters not what sort of a world others live in. You can get back into your garden of Eden, your world without evil and disease, through right thinking.

What power has right thinking to restore us to heaven? It has power to correct wrong beliefs about our spiritual selves, power to correct false ideas about our divine sonship, power to cause us to think of ourselves as God thinks of us. You can only contact the Christ mind through thought. You can only know Truth that sets you free through exercising true

thought. Do not belittle your mind or think that it has no place in your salvation. Your first conversion must be in your change of thought. If you have been thinking of yourself as a sinner, you must now think of yourself as the son of God, for such you are in Truth.

If all the people in the world today would at this moment stop thinking of evil, and fear, and disease, what would happen? Your dream world, without evil, and fear, and disease, would appear. The clouds that obscure your view of the sun would disappear. The mists and fogs of materiality would no longer hide your heaven from you. Your health would be revealed. Your world of love and joy would be here. Your divine sonship would appear. The mystical Christ would return. You would be sitting on the throne of your spiritual powers, ruling your world.

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If all the people in the world today would at this moment begin to think of themselves as healthy and perfect sons of God and would continue in this thought, there would be only healthy and perfect sons of God here—sons like their heavenly Father, sons loving their brothers, sons radiant with the glory of the mystical sun within them. If all men and women and children realized their divine origin, there could be nothing to prevent the manifestation of this sonship as perfect men, women, and children.

The world that never knew evil or disease is close at hand. If we are to be in its heaven our thought must aspire to heaven.

RELEASE YOURSELF

EFORE me sat a woman who was visibly affected by some unfavorable situation in her life. She began by trying to say that she did not know where to begin. Then she stopped and said to me: "The truth of the matter is, I must have freedom. Unless you can help me to get free from some of these things that are weighing upon me, I am hopeless." With her right hand she made a very characteristic gesture: she brushed her forehead upward as if to smooth away some mental disorder. With her left fist she punctuated her words with blows upon the arm of her chair.

I looked straight at her and said, "Your release from this mental strain can come so easily and so quickly that you probably will forget the whole situation overnight. Who seems to be

causing you all this misery?"

"My sister-in-law. Ever since she has been in the family—since about 1923—she has put me at a disadvantage, although outwardly she appears to be my friend. Last night while we were playing bridge she made a remark that I thought was very personal, and I made an answer that will set the whole town to talking. I have never liked her since the day before she was married. Although every one else seems to be in love with her, I have not been able to let her touch me."

The case was plainly just another one of "family-in-law-itis." The patient had studied psychology, metaphysics, and various cults of

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mind and healing and, therefore, I had some advantage in trying to be of assistance to her. She showed that she was more or less mentally sensitive; she easily manifested emotion and just as quickly changed its character. In her study she had dabbled a great deal and was not established in any particular belief. Her research had been made more or less because of her curiosity and her wish to keep abreast with the times. She had not reached the place where she had found the great truth of living and could establish herself in it. This was very clear.

The sister-in-law was, indeed, considered a very charming woman. The patient might almost have been suspected of being a little jealous of her gifts, for they were abundant.

One could see very plainly that the release she cried out for was not from the immediate situation or from things as they appeared. She had betrayed herself when she mentioned an incident that took place the day before her brother and her future sister-in-law were married. This was the thorn in the flesh. It had been allowed to stay there until at the present time, in the language of the surgeon, an immediate operation was imperative. Let us study the working of her mind, what had been taking place, and the method of giving her freedom and release from the offending situation.

We hear little, in these days of enlightenment, about personal devils but, in the eyes of this patient, her sister-in-law had become one.

Six years before, an unhappy thought about her sister-in-law had been planted in this woman's mind. Thus, to her, the sister-in-law was a

devil personified.

My heart welled up with a great desire to say, "God is love" and to say it in some way that would reach this suffering soul. The whole situation was so clear and the remedy so simple that I dared not be too abrupt in revealing to her just where she was at fault and how she could relieve her own mind. How easy it is in such cases to say, "You must just drop this out of mind and deny its power over you. Free yourself from the belief in personality, and affirm divine love." How vexing this advice would have been to her at this moment.

I took a different route. I asked her how her brother was doing. She answered that she did not want to discuss her brother! My plan to get her away from the subject of the sister-in-law until her mind was a little easier seemed to be frustrated. But she became a little quieter, and then told me of her brother's success in the last few years. She began to talk about the family and in a short time had forgotten herself and the object of her visit. She was quiet. The anæsthetic seemed to be working and we were about ready for the operation!

Then I told her that the advice which I would give her would need to be considered in an impersonal way and that we should make the personal or specific application later. I told her that quite often we found that if a

person were in an unfriendly or unfavorable state of mind he would react in an unfavorable manner toward any situation that came up. If another person should present himself to the disturbed one at such a time the person who thus interrupted the unhappy trend of thought might be regarded in a most unfavorable light. The situation then becomes personal. Unless the whole thought about it is erased from the mind, the situation becomes a thorn in the flesh. After that the intruding person is regarded as a prospective enemy. Succeeding days cause this person to appear more and more satanic in character. Observed through the glasses of suspicion he is beheld as the very personification of evil. The observer finally traces every ill that happens in his life to the workings of this person, who now is considered an enemy. Finally the victim becomes so wrought up that the very sight and presence of this "devil" throws him into a state of lack of mental control.

The woman before me was making the personal application. My explanation was no longer impersonal. She rose to her feet and, thinking of her sister-in-law, said, "My poor darling Bess, how I have wronged you!"

The miracle had happened. The cure was complete. She asked me why she had not been able to see through this situation, why her affirmations of divine love had not worked. The answer was that she could not get a strong enough realization of God's love while her heart

was so filled with bitterness. She had been so determined to hold her ground so far as Bess was concerned that she had not given God any room to work in. When her treatment started, love worked at every turn. When she relaxed, however slightly, love gained a foothold. The thought, "God is love" grew in intensity for her release, even though, to appearances, she was not being given the loving thought.

Thus, when we find that we are in personal situations, those in which our thoughts cause some person to assume a satanic mask, those in which personalities seem to contrive against us, we need to find some way to let love into our hearts in order that it may effect our release. We cannot remain in bondage to any person when we give love a chance. Love may seem to take a roundabout way of working, but it will work. It will work! We may need to use a little psychology and may seem to resort to unimportant devices, but, if given a chance, love will win.

Are you seeking release from some personal bondage? Get back to the first situation bearing upon the circumstance. Work on it. See what your mental reaction is when detached from any personal situation. Give love a chance. When you find the thorn in the flesh, be willing to pluck it out, even though you must sacrifice pride in order to do so.

Get out of personal consciousness and you will be released from all the woes of personal experience.

RESTLESS ONES

Dear, restless heart, be still! Don't fret and worry so;

God hath a thousand ways His love and help to show.

Just trust and trust and trust, until His will you know.

Dear, restless heart, be still! For peace is God's own smile,

His love can every wrong and sorrow reconcile; Just love and love and calmly wait awhile.

Dear, restless heart, be brave! Don't moan and sorrow so;

Just hope and hope and hope, until you braver grow; He hath a meaning kind in the chilly winds that blow.

Dear, restless heart, repose upon His heart an hour, His heart is strength and life, His heart is bloom and flower;

Just rest and rest within His tender power.

Dear, restless heart, be still! Don't toil and hurry so:

God is the Silent One, forever calm and slow;

Just wait and wait, and work with Him below.

Dear, restless heart, be still! Don't struggle to be free;

God's life is in your life, from Him you may not flee; Just pray and pray and pray, till you have faith to see.

-Edith Willis Linn.

My Keynote for Today: All my aspirations are heavenward-to the heaven of health, joy, perfection, and constant realization of my Christ mastery.



Y EYES are lifted to behold the fulfillment of my ideals. I do not let doubt or fear cause me to bow my head or to drop my eyes. I am not downcast. I lift my eyes to heaven, the heaven of my

dreams.

Rising out of negative and satanic thoughts. I rise out of all belief in hell. I free myself of all discouragement. I know that my ideals are now becoming real. I know that I can live in heaven here and now. I know that I can have my every righteous desire fulfilled.

My thought is accumulative. All my good thoughts are massed together and present a strong defense against all negative beliefs. My good thoughts rise to heaven, to spiritual con-

sciousness.

I form a ladder of thought that reaches to heaven. Over this ladder the very blessings of heaven come back to me. Health, joy, and perfection are bestowed upon me, the son of God.

All my heavenward aspirations are rewarded. That to which I can aspire is mine

for the choosing.

If you would reach the stars you must build a ladder of thought .- Unity calendar for lune.

My Keynote for Today: Every experience that comes into my life brings me a blessing.



KNOW that every experience that comes to me has its measure of blessing. I recognize the good that comes and give thanks for it. I see behind

all that is negative in appearance and I behold

the blessing that I am to receive.

I know that I need not suffer or go through adverse experiences if I am established in the truth of Christ. I realize that God wills for me not suffering, but joy—the joy of constant communion with Him.

Working in agreement with the law of God and living in harmony with His commandments. I realize that I cannot have adverse experiences. Knowing this truth I seek to live nearer to Him and to express my Christ do-

minion and power.

I bless all my experiences and I draw from them the measure of good that they bring to me. Nothing that is good in life can escape me. Every blessing that my Father sends to me is received thankfully and blesses me in bountiful measure.

I go my way rejoicing that I am not under negative beliefs and that I need not suffer.

Even if ye should suffer for righteousness' sake, blessed are ye .- I Pet. 3:14.

My Keynote for Today: My mind is freed from all sense of burden. I rest in the consciousness that all anxiety has given place to trust and to perfect peace.



GIVE UP all feeling that affairs of the world can depress me and cause me to be anxious. I give up all anxious thought about my relatives, my

friends, my business, or myself.

Every depression and anxiety is cleared from my mind and I am mentally free and harmonious. My mind is free to express the care

free spirit of perfect freedom.

I rest in the realization that there is nothing in all this world about which I should be anxious. Nothing external to me can make me depressed. At the very center of my being I am harmonious and peaceful, and my whole world takes on the character of my inner peace.

Knowing that good will come out of every experience, I have perfect trust in God. I know that by remaining positive to Truth I can transform every negative situation in my life. I know that through being constructive in my thought every adverse experience will be lifted up.

Being at peace mentally, I let the peace and

the order of God be expressed in me.

Blessed be the Lord, who daily beareth our burden.—Psalms 68:19.

My Keynote for Today: I am not afraid. My fear has turned to courage and I courageously go forth in the might of Christ.



HOSE THINGS of which I was formerly afraid are now viewed in the light of Truth. The light has caused all shadows to flee and I am no longer

afraid. Persons, things, and situations cannot make me afraid of them. They must all con-

tribute to my happiness and courage.

All my fears have been transformed to courage. The courage of Christ fills every part of my being and I am, indeed, courageous. I have the courage of him who knows that there is nothing to fear.

There are no fears in my world. I live in a universe of courage. My world is not inhabited by devils, shadows, or fears. My world is God's perfect world of light, joy, and courage.

I meet all the issues of the day with courage. I do not procrastinate in performance or in decisions. I am straightforward in all my dealings.

Fortified with the consciousness of my indwelling courage, I press forward courageously.

At destruction and dearth thou shalt laugh; Neither shalt thou be afraid of the beasts of the earth.

-lob 5:22.

My Keynote for Today: The Spirit of newness pervades my whole being and I am renewed in mind and in body.



EW IDEAS fill my mind and exclude all old and crystallizing ideas. Ideas that are old and useless have no place in my mind. Thoughts that turn my atten-

tion to unpleasantnesses of the past are now denied place in my mind. New ideas convey to my mind a sense of newness, and I behold all

things as existing in a new world.

My affairs are charged with newness, and I see new ideas manifesting as success and prosperity in my midst. The very newness of Spirit causes my whole world to become regenerated and renewed.

My environment is freed from all old and adverse beliefs. I live in the new Spirit of Christ, and I behold newness expressing itself

all about me.

My body is renewed through the presence of Christ who maketh all things new. All old cells are replaced by new ones. All that partakes of age is replaced by newness and youth.

My body is regenerated in every part. I cease to think of it as related in any way to the thought of age, decay, or crystallization. My body is youthful. It is the temple of Christ.

He hath put a new song in my mouth.—Psalms 40:3.

My Keynote for Today: The Spirit of perfect justice protects me from all injustice and I am justly dealt with at all times.



REFUSE to think of myself as being unjustly dealt with, or as having any relation to the thought of injustice. I know that persons and situations can-

not cause injustice to have a place in my life. I know that no chain of circumstances can cause injustice to enter into my affairs.

My mind is filled with the thought of justice. Belief in injustice has no place in my consciousness. The justice of God fills me, my affairs, and my world; all that I have is governed by divine justice.

I place all my affairs in the keeping of divine justice. All that I do is done in justice to others and to myself.

I do not believe in personal judgment. I am willing to refer all things to the Spirit of justice within me. I do not judge others wrongly or think that they judge me wrongly. I recognize but one God, one judge, one law.

Perfect justice rules my finances and my business. Divine order and prosperity are now manifested in my affairs through the operation of God's law of perfect justice.

One only is the lawgiver and judge . . . but who art thou that judgest thy neighbor?—James 4:12.

My Keynote for Today: Entering the consciousness of my perfect freedom, I give up every belief in bondage to persons or things. I am free!



HE TRUTH of Christ has revealed to me my perfect freedom. I know that man was created free, without any bondage to other persons or to external

things. I am the perfect, free man of God. I am created without any bondage whatsoever.

I have absolute liberty.

I give up all bondage to limited beliefs. I am free from all bondage to belief in evil, unhappiness, disease, lack, or death. I am free from mortal consciousness. I am free from all beliefs that would limit my life or my world.

In my perfect freedom I discover joy, life, and plenty. In this freedom I cannot lack any good thing. I cannot have any sense of bondage in the consciousness of my divine birthright.

I go forth this day in full realization of my perfect freedom in Christ. All sense of depression is lifted from me. There are no mental shackles or physical fetters for me. I am

free!

I go forth in the consciousness that I am free forevermore. I resolve to remain in the consciousness of perfect freedom and to express the free Spirit of Christ in all ways.

My Keynote for Today: Established in the realization that there is nothing in all the universe to make me impatient, I rest in the batience of one who knows and trusts God.



HE TRUTH of God frees me from all sense of restlessness and impatience. I am not impatient with time or events. I am not afraid of the outcome of

events. I do not try to hasten the coming of the future.

I am established in the consciousness that nothing in my world can cause me to lose patience. I do not give to outer things and conditions the power to destroy the inner peace of mind that I now enjoy.

I abide in the patience that comes from trusting God. I know that all my affairs are now in His keeping and that nothing in my life

can escape his watchful, tender care.

I have control over my thinking and my feelings. I am not given to impatience or to

restlessness.

In my patience I behold the working of all things for my highest good. I see good coming as my reward for patience and as a compensation for my perfect trust in God. I see God manifesting Himself in my life as my most desired blessing.

In your self-control [supply] patience.—II Pet. 1:6.

My Keynote for Today: I am not given to excesses or bad habits. Christ in me gives me perfect control over myself.



HROUGH the power of Christ I exercise self-control at all times. I am not under bondage to appetite or to abnormal desires. I do not eat to excess.

I am not nervous or unsettled.

Through the power of Christ I have power over myself. I have power to detect bad habits and to break my bondage to them. I have the ability to free myself from all unnatural desires.

I am temperate at all times. I am not given to loud speaking or to the use of many words. I am moderate in all things.

I am master over myself because Christ is master over my every thought, word, and deed.

I place myself in His keeping.

The spiritual man in me carries me forward and upward, away from the baser things of life. In my consciousness there is no place for that which degrades and makes ignoble. I am in touch with all that is elevating and inspiring.

I strive for mastery, knowing that in the seeking I find my power to master myself. I find Christ within me ready at all times to help

me to master myself.

Every man that striveth for the mastery is temperate in all things .-- I Cor. 9:25 (A. V.).

My Keynote for Today: Lifting my eyes from things earthy I behold things heavenly. such as they are in reality.



LOOK away from sordid and adverse things of the world and lift my eyes and my inner spiritual vision to the heavenly nature of all things in reality.

I disregard all that is unlike God, the good. In my life there is no place for the negative or the adverse. My vision is dedicated to the true, the beautiful, the real—to God.

My eyes are cleared of all mist and fog. All that is base and material must give place to that which is spiritual and eternal. My vision now beholds the dawning of spirituality, lighting my horizon with things beautiful and good.

I bless my eyes, knowing that through them I have power to behold the deeper things of God. I do not think of my eyes as weak, diseased, or failing in performance of their duties. I do not strain my eyes or abuse them in any way. I give thanks for the perfect eyes that God has given me.

My eyes give me power to behold God's perfect world, in the midst of which I now live. I lift my vision to behold the presence of God, Truth manifest. Looking Godward I behold the perfection of all things as they exist in God.

I will lift up mine eyes unto the hills, from whence cometh my help.—Psalms 121:1 (A. V.).

My Keynote for Today: I do not think of myself as mortal, diseased, or imperfect. I am the perfect son of God, whose perfection I now manifest.



GIVE UP the race belief that man is imperfect and is susceptible to disease and death. I accept the truth that man is the son of God. I know that I am

this perfect man. I am the perfect son of my perfect Father.

I resolve not to think of myself as limited in any way. I will not think of my health as limited. I will not think of myself as limited in strength. I am determined not to let any false belief about myself gain entrance to my consciousness.

I know the truth that I am the perfect son of God. God in the midst of me is constantly seeking to manifest Himself as my health and perfection. I am willing to let His will be done

in me.
In Truth I have always been perfect, untouched by false beliefs. That which is true of me has never changed and never will change. The truth of my health and perfection is constant and eternal.

I abide in the consciousness that I am per-

fect in all ways.

I am God Almighty; walk before me, and be thou perfect.—Gen. 17:1.





I LONGED TO

I longed to see the Christ and, It scattered mists and fogs and I looked and saw the world that And as I looked, I felt, indeed, the

I longed to see the Christ and The hand of Christ?—ah, yes, it I saw a smile but, in that smile The Christ had smiled upon n

I longed to see the healing Ch The voice of Truth expressed And, then, I learned the truth Him we must recognize in all,



ED TO SEE THE CHRIST

hrist and, lo, I saw the dawning sun; fogs and gave its light to every one. world that Christ had filled with beauty rare indeed, that Christ was everywhere.

hrist and saw a friend extend a hand—ah, yes, it satisfied my heart's demand.
that smile, I saw a smile divine;
d upon me through that one, a friend of mine.

ealing Christ and saw the sick arise; expressed had shorn disease of its disguise. the truth profound: If we of Christ would learn, ize in all, and for Him we must yearn.

WEDNESDAY, JUNE 12

My Keynote for Today: In Truth there is no place for separations and disunity. In the Spirit of Christ I am unified with all persons everywhere.



N REALITY there are no divisions or differences. In the great universal unity there are no separations. There are no misunderstandings, no preju-

dices, no jealousies in the great universal love of Christ. I rise above every thought that would cause me to be separated from others. I am unified with all life through the unifying power of Christ.

In me the divine masculine and feminine are now joined. Strength is joined with love; power is unified with peace; wisdom is united with holiness. All the finer forces of my soul

are developed and blended.

I am unified with those of the outer world whom I can best serve and with those who can best serve me. At one with them through inner and mystical understanding, I am joined with them in all ways. I have perfect understanding with all persons.

I am unified with God within me and am at one with all wisdom, love, and life. In the great universal unity of Spirit I am at one with all

that I need or desire.

There can be no male and female; for ye all are one man in Christ Jesus.—Gal. 3:28.

My Keynote for Today: I do not doubt that great good is now coming to pass in my life. I have perfect faith.



GIVE UP all doubt in good or in its manifestation. I am no longer pessimistic. I am not a doubter. I do not lack in faith, because my faith is cen-

tered in the higher power within me which never fails.

I have power to rise above every doubt, to know that my faith is sufficient to carry me through every situation. I know that doubt belongs to ignorance; faith is one with understanding.

I have great faith in my own indwelling power to accomplish anything that I undertake. I have faith in the power of God within me to cause me to master everything in my world.

With faith in myself and in God, I can have no fear, doubt, or belief in failure. Faith unifies me with all that I need to know, all that I need to be, all that I need to have. Through faith I am joined to all the good in the world.

At all times I have perfect faith in God, the good. I have faith in His power to manifest Himself as that which I most need. Through faith I bring great good to pass in my life.

My faith increases day by day.

Looking unto Jesus the author and perfecter of our faith.—Heb. 12:2.

My Keynote for Today: I recognize but one law, the law of God—the law of peace, life, health—the law of my higher being.



FREE myself from all belief that I am subject to any law of evil, adversity, or disease. I do not think of myself as subject to any process of cause and

effect whereby any adversity can manifest in my life. I give up all thought that adversity has any power to operate as a law in my world.

God, the good, is the only law operating in my world. God is both the cause of good, its effect and manifestation, and good itself.

I place myself and all my affairs under the law of God—the law of good, peace, health, plenty, and success. I do not believe that evil, inharmony, disease, lack, or failure can operate as a law or can manifest in me or in my world. The law of God sets me free from all belief that evil has a law.

God is divine principle. As principle He supplies me with that whereby I may measure my thoughts, words, and deeds. He is the chart and the compass of my life. He is the blue print of all my life's plans. I seek to measure up to Him in all things.

The law of God is the law governing my life.

He that looketh into the perfect law, the law of liberty, and so continueth . . . this man shall be blessed in his doing.—Jas. 1:25.

My Keynote for Today: I give no thought to the existence, reality, or power of evil. My world is filled with the omnibresence and omnipotence of good.



VIL has no place in my world. Evil has no existence, being, or reality. belief in evil belongs to the world of illusion, whereas I belong to the world

of truth and of light.

In Truth there is no falsehood. In the face of the reality of good, evil can have no reality. In the knowledge of the allness of God there is no recognition of other than God. I abide in this understanding and I find my world replete with the allness of God, the good.

Knowing that God is omnipresent, I cannot believe that evil has presence. God is all that there is and all that can have presence of being.

Knowing that God is omnipotent, I cannot believe that adversity or evil can have power. God is all that there is in reality and in my life. Naught else can have power. Good alone is powerful.

In the realization that only God rules me my mind, my body, and my environment-I live in a world in which there is naught but good.

I live in God. Good is within me and all about me. I am centered in good and surrounded by it.

Imitate not that which is evil, but that which is good. He that doeth good is of God .- III John 11. My Keynote for Today: My way is a way of peace, joy, love, health, and prosperity. The Spirit of Christ attends me wherever I go.



INCE MY way is the way of Spirit, there can be no inharmony, fear, disease, or lack therein. Spirit does not know these adversaries; therefore, all

belief in them must go and their appearance must perish. That which Spirit does not know as reality cannot exist in my life or on my path.

Harmony and love attend me wherever I go. Health and prosperity are constantly with me.

Christ is always at hand.

The Spirit of the Lord illumines my way. I cannot stumble or fall. I cannot make wrong decisions or take steps that lead me away from

my highest good.

I no longer expect obstacles in my path or barriers to my progress. I know that when I am established in spiritual consciousness these things cannot exist for me. I know that in spiritual consciousness I am always led into that which is for my highest good.

The Spirit of Christ, my own indwelling Spirit, is with me at all times. Wherever I go.

there is Christ.

Jehovah knoweth the way of the righteous;
But the way of the wicked shall perish.

—Psalms 1:6.

My Keynote for Today: I am not combative toward other persons. I am at peace with myself, with all other persons, and with my world.



N THE peace of God that is within me, I find perfect peace. I find peace with myself and with my life. I find peace with my relatives, with my friends,

and with my acquaintances.

In the peace of God within me, I know that in the reality of God's perfect world there is naught but peace. I know that war and warlike tendencies do not belong to the ideal world. I find in peace the way to realize the very presence of heaven.

Peace is supreme in my world. There is no evidence of inharmony or personal animosity in my world, because peace fills it to fullness.

Peace rules my mind and my heart. Perfect peace makes me think peaceful thoughts. My heart is centered in the very peace of the heart of God.

Peace fills my body. All inharmony, tension, and restlessness now give way to perfect peace. All the members of my body are filled with peace. They are centers of peace.

When a man's ways please Jehovah He maketh even his enemies to be at peace with him. My Keynote for Today: I do not hold before me the image of fear, disease, or failure. I visualize the true and behold myself as the image of God's likeness.



DO NOT conceive of myself as manifesting any limitation. I do not imagine that I am weak or diseased, fearful or hateful, unsuccessful or poverty-

stricken. I do not visualize myself as manifesting any quality unlike God, the real, or as

possessing anything unlike Him.

I am the son of God, created in His image and after His likeness. I am like my heavenly Father in all respects. In me, His son, are shown all qualities that are representative of my Father.

As the image and likeness of God, I express love, life, joy, peace, health, and strength. God expresses Himself in and through me as the

perfect image of Himself.

Beholding the glory of my Father, I know that the light of His countenance is reflected in my face. I am transformed! That which I may have thought myself to be is changed to that which I am in reality, in the sight of God. My whole life and my entire world are changed. God's glory fills me through and through.

But we all, with unveiled face beholding as in a mirror the glory of the Lord, are transformed into the same image from glory to glory.—II Cor. 3:18.

My Keynote for Today: The Christ mind fills me with the light of infinite joy and peace.

This statement is the Silent Unity illumination word to be used from June 20 to July 19.



NOWING the truth of my relation to God, I rise above every belief that would diminish my joy. I deny that any person or any thing has power to

affect my joy in knowing the truth. I am free from the belief that the condition of external things can determine the extent of my joy.

Christ, my spiritual consciousness, causes my mind and my body to be filled with infinite joy. I enter the consciousness of the presence of Christ and I am filled with joy and peace—joy in knowing Truth and peace in feeling the presence of Christ.

My joy is constant. It does not change as the weather changes or as external conditions change. My joy is the joy of Christ, the joy that Jesus experienced when He realized His oneness with the Christ, the divine within Him.

I do not hesitate to express my joy. My countenance expresses the joy of Christ within me. My environment is filled with the radiance of joy that refuses to be suppressed. My world is filled with joy, and I rejoice.

To the man that pleaseth him God giveth wisdom, and knowledge, and joy.—Eccles. 2:26.

My Keynote for Today: I am bubbling over with the joy of the Christ mind, and every nerve, muscle, and cell tingles with the spirit of health.

This statement is the Silent Unity healing word to be used from June 20 to July 19.



Y CONSCIOUSNESS is filled with joy that overflows into my physical organism. My body takes up the joy of my consciousness. All feeling of heaviness

disappears before my light-heartedness. My heart is filled with the joy of Christ.

My nerves give up all strained conditions and become joyful through the presence of health and of Christ. My nerves are peaceful and poised. They are under my perfect control because they are controlled by the Christ mind.

My muscles are filled with the substance and strength of bountiful health. They rejoice to serve me well. They are intelligent and strong. They are able to do all that I require of them. My muscles are not tired easily, because they rejoice to serve me.

The tiny cells of my body are centers of joy. Since these are joyful, my whole body takes on

the character of intense joy.

The Spirit of God is the spirit of my physical health.

The oil of joy for mourning, the garment of praise for the spirit of heaviness.—Isa. 61:3.

My Keynote for Today: I rejoice in the consciousness that God through Christ has given me access to inexhaustible spiritual substance, now manifest in prosperity.

This statement is the Silent Unity prosperity word to be used from June 20 to July 19.



Y RICH spiritual consciousness supplies me with rich and prosperous ideas. Through these ideas my substance and prosperity are revealed to

me. Through the Christ mind in me I have contact with the God mind of the universe.

Christ, my higher self, reveals to me my success and my supply. I am led into that situation in which I can best serve and prove God, best demonstrate for myself the promises and the laws of bountiful prosperity.

God's substance, my substance, is inexhaustible. I can draw upon this substance forevermore and know that it cannot be depleted. I need only to maintain a rich consciousness in order to relate myself to inexhaustible substance and prosperity.

I rejoice in my victory over the race belief in failure and lack. I rejoice to know that through Christ in me I am successful and pros-

perous.

He did good and gave you from heaven rains and fruitful seasons, filling your hearts with food and gladness.—Acts 14:17.

My Keynote for Today: I do not procrastinate or try to live in the future. I live in the great, eternal now, and I enjoy the blessings of the present.



PUT BEHIND me all the unpleasant memories of the past. I am not bound to other days. I do not attempt to live in the yesterdays. I do not try to live

in the tomorrows. I am content to live in the

glorious today.

In the now, in the great today, I live and enjoy the many blessings of my life. Now and here I am happy and free. Now I am healthy, strong, and perfect. Now I am successful and prosperous.

In the great, eternal now I discover that all blessings are before and about me. All that I have ever desired from God is right at hand and always has been ready for my acceptance.

I am content to live in the now, the time of Spirit. Now is the timeless time, the ageless age of God. In the now of Spirit there can be

no future, no age, no change.

Living in the higher mental and spiritual realms of consciousness, I contact the life which is without past or future. I discover the life of the now, the life in which my blessings cannot be delayed by thought of time.

Come: for all things are now ready.-Luke 14:17.

My Keynote for Today: I am always appreciative of, and thankful for, every indication that God is blessing me.



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PRAISE GOD for every evidence of His blessings. I am appreciative and grateful. I rejoice to give thanks for every good that comes to me.

I am thankful for my understanding of Truth. I am happy to know the great truths of life and I rejoice to apply these teachings. I bless the work that Unity is doing in giving these teachings to mankind.

I praise God for health. I give thanks that I am whole and well. Through giving thanks for my health I know that I am receptive to a

greater degree of health.

I praise God for an environment of harmony, joy, and love. My world is filled with the presence of God manifest in the form of blessings most adaptable to my needs. God appears in my life as that which my heart most desires.

I give thanks for abundance of prosperity. Being thankful for the good that I have, I see it increase and multiply. In my bountiful prosperity I behold the bountiful presence of God.

I give thanks that I have a spirit of thank-

fulness.

I thank thee, and praise thee, O thou God of my fathers.—Dan. 2:23.

My Keynote for Today: I relax from all strain and tension, and I rest in the peace and the poise that come from knowing Truth.



RUTH GIVES me the assurance that there is nothing in all this world to make me tense. Nothing of the outer world has power to destroy my inner

peace and poise.

I relax from thinking thoughts that would cause me to be strained and tense. I forego every thought that makes me tense, fearful, and worried. I give up every thought that is in op-

position to the mind of God.

I relax into the peace of knowing Truth and of knowing my relation to the universe. I do not anticipate unpleasant situations, adversities, or circumstances over which I may not have control. I do not anticipate evil, for I know Truth.

I relax from all unhappy or inharmonious relations with the world about me. In the secret place of the Most High within me, I make contact with God, and through Him all external

relations are transformed.

I relax because I am poised in Truth. I am centered in the peace that passeth all understanding. I am established in the consciousness that cannot be affected by external conditions. I relax and rest.

Ye shall find rest for your souls .- Jer. 6:16.

My Keynote for Today: I am so filled with joy that all sense of depression is lost. I am joyful!



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N MY very heart of hearts, I am joyful. I know that in reality I have never been affected by sorrow or depression. have discovered the something within

me that has never been touched by depression. I have found reality—my spiritual self!

I give up all belief that persons or external things can affect or change my joy. My joy is not dependent upon external conditions. It is centered in the substance within me that never undergoes change.

Every experience must yield joy to me. From every situation in life I have power to extract abundant joy. All that appears in my

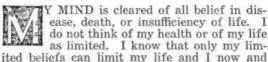
life must yield to me its quota of joy.

Joy is attracted to me through my joyful thoughts. I think of joy and it appears. Through my joyful thinking I make a connection with the very joy of heaven.

My body is filled with joy. The cells of my body seem to smile with joy. My body is light and free because joy is its keynote today.

I live in an environment of joy. All about me joy is expressed. Joy is within me and about me and I am in the very midst of bountiful joy.

My Keynote for Today: The purifying, renewing, healing, deathless life of God is in the midst of me, and my body is filled with life.



here cast out all such limiting beliefs.

The purifying life of God within me cleanses me of all unclean thoughts and of all impure physical conditions. In Christ I am purified. Nothing impure can remain in my body, the temple of the living Christ.

The renewing life of God within me frees me from all old and crystallized conditions. I am renewed in every part. Every cell of my body takes on new life. The spirit of newness

in my body makes me young.

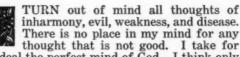
The deathless, eternal life of God is my life. Knowing this truth I am assured of eternal life. All belief in cessation of life is removed from my consciousness. I know that God's life does not terminate and that I am one with it.

Knowing the truth about life I am filled with life. I am one with the life that regenerates

and heals.

For with thee is the fountain of life.—Psalms 36:9.

My Keynote for Today: I measure all my thinking by the ideal mind, the mind of God, and I think only thoughts of peace, power, health, and good.



my ideal the perfect mind of God. I think only those thoughts that are in keeping with this

mind.

I cease to think of myself as having a mortal or carnal mind. Ceasing to think mortal and carnal thoughts. I cannot have a mortal or carnal mind. As the son of God I am not mortal-minded. As God's son I have the perfect mind of my Father.

I have no difficulty in freeing myself of adverse thoughts, because spiritual thought eradicates all thought that is unlike itself. Thinking the higher thoughts of God I cannot think thoughts that are carnal, debasing, and disease-

producing.

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My mind is unified with the mind of God through my thinking heavenly thoughts. I am

conscious of the working of God mind.

Whatsoever things are true . . . honorable . . . just . . . pure . . . lovely . . . of good report . . . think on these things. . . . and the God of peace shall be with you .- Phil. 4:8, 9.

FRIDAY, JUNE 28

My Keynote for Today: There is no confusion in my mind, my affairs, or my life. The perfect order of Spirit rules my thought, my business, and my world.

O CONFUSED condition can exist in my world. I cast out of mind every thought that would bring chaos into my life. I order my life aright. I think orderly thoughts and I see order appear

in all my ways.

My mind is ruled by the very order of Spirit. The order whereby God rules the affairs of His perfect creation is the order that rules my life. The order that holds the planets in position, the order that governs the universe, is the order that brings my life into perfection.

All my ways are orderly and I witness the appearance of manifold blessings in my life. I see blessings appear as the outcome of the perfect order that pervades my mind and my

affairs.

The very order of heaven now appears in my world. The order of God, my Father, is now manifest in my affairs, the affairs of His son. Heavenly orderliness is the pattern by which I bring all my affairs into divine order.

Order is now manifest in my business and

in all my financial affairs.

To him that ordereth his way aright
Will I show the salvation of God.

—Psalms 50:23.

My Keynote for Today: The stillness that comes from knowing the truth of my relation to God and to the universe pervades me through and through.



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KNOW that the noise of external things has no contact with the peace and stillness of my inner life. In the very Babylon of the outer life I can find

my inner sense of quiet.

The quietness that comes from knowing the truth of my relation to God makes me mentally and physically quiet. Before this mighty truth I stand in profound silence. Nothing of the external world can disturb this sense of quiet.

I am mentally quiet because my mind is filled with quiet thoughts. All disquieting beliefs are dropped from my mind. I live in a

world of quiet.

I am physically quiet because all tension is removed from my body. My nerves are quiet with the calm assurance that they are nourished

by the powerful substance of God.

My environment is one of peace and quiet. Great stillness fills my entire world. The stillness that gives birth to power, the quietness from which great strength rises, is the stillness, the quietness, to which I am now related at all times.

The effect of righteousness, quietness and confidence for ever.—Isa. 32:17.

My Keynote for Today: I abide in perfect love and see all the affairs of my life ruled by God, divine love.



WELLING in the consciousness of perfect love, I see all the situations of my life as being governed by love. I am free from all hate and fear. I am free

from personal consciousness and from personal

dislikes. I abide in love.

In perfect love I find God. I discover that He is that within me which prompts me to love. He urges me to give up all personal bitternesses, all fears, all hates, and to know the truth of His all-conquering love.

In the light of Truth I abide in the light of God. I abide in that consciousness wherein I see all men as they exist in God. I see them through the light of God. I see them whole and free. I see love as the ruler of my universe and I see all things coming under its dominion.

In the perfect love of God I see all persons as loving me and contributing to my happiness. I see all of these governed by love in all that they do. I behold them expressing the love of God within them and helping to manifest in all the world the very love of heaven. I see love as universal lord and master.

He that loveth his brother abideth in the light. —I John 2:10.

MONDAY, JULY 1

This will be my birthday.

On July 1, 1924, I made my appearance as your daily companion and right then I started to grow. Ever since that day I have been growing and growing. Of course, you want to see me grow, and you like to help me do so. You know what will help me grow, don't you? Birthdays suggest birthday remembrances, don't they?

Send in your new and renewal subscriptions before July 1, if you can, so that they will be counted in on my first four-year record.

Thanking you for helping me to grow and appreciating your birthday present, I am,

Daily your friend, Unity Daily Word.

OUR PROSPERITY BANK PLAN

Gladly we shall send you a little prosperity bank in which you can save money for your subscriptions. This is sent free upon request. While saving money day by day, you take part in a prosperity drill with the assistance of the prayers of Silent Unity. During seven weeks you are to save a total of \$4.50, the price of three subscriptions. You will find the plan very satisfactory. When the amount is saved, it is to be sent to Unity School, together with the names of three persons to whom *Unity Daily Word* is to be sent.

HOW TO GET HELP

Silent Unity is the healing department of Unity School. No matter what your trouble may be—financial, social, or lack of health—it can be overcome. "With God all things are possible." Silent Unity will be glad to take your case and join its prayers with yours, instructing you about the right thoughts to hold for solving your problem. We minister to persons of every race, color, and creed. Our love is universal.

We are at your service day and night. If you wish our help, write, telephone, or telegraph to us, stating your need. Every request receives loving and prayerful attention. Send your call for

help direct to

SOCIETY OF SILENT UNITY Unity School of Christianity 917 Tracy, Kansas City, Mo.

Unity periodicals are too good to throw away. When you have finished with your copies, pass them on to some one who needs them. The hospitals, the charitable homes, some chance acquaintances whose conversation leads you to believe that they may need what Unity teachings have to give—these are the places where your old copies should go; not to wastebaskets nor to dark closets where they accumulate dust. If you can dispose of more free literature than you have on hand, write us of your needs and we shall send supplies for the work.

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YOUTH

For Everybody

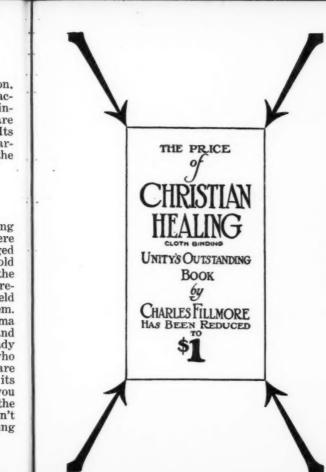
Youth magazine is filled with interesting fiction, with stories of young people who have accomplished something outstanding, with inspirational poems and articles that are planned to interest and appeal to youth. Its many clever illustrations are made by artists who know how to give them the "youth" appeal.

BUT

But this does not limit Youth's appeal to young people between the ages of 14 and 20. There are young persons of all ages, middle-aged folk who have kept the young viewpoint, old folk who still revel in the doings of the young people, old folk who are trying to regain some of the joy and zest that life held for them years ago. Youth is for all of them.

You, Mister Forty Years, and You, Grandma Seventy! You will both find interest and joy and youth in Youth. Youth already counts among its subscribers many who have passed the "20" mark, and they are quite as enthusiastic about Youth as are its boy and girl friends. May it count you among its subscribers, starting with the next issue? Read it yourself and then don't forget to share it with some other young friend.

The subscription price is \$1.50 a year.



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That July Number:

"IMPERSONALIZE YOUR PERSONAL DEVIL"

A special article showing you how to rid yourself of the belief that any person can limit your progress.

"HAPPY TODAY, HAPPY TOMORROW"

An article on acquiring a kind of happiness that is constant and enduring.

"THERE'S ONLY GOD-AND-I"

A double-page poem showing you the allness of God and your oneness with Him.

